

Cognitive Fitness and How to improve it

Duration	0.5 day
Target group	This virtual training course is designed to enable employees to understand what it means to be mentally or cognitively fit.
Prerequisites	There are no prerequisites for this course.
Objective	<ul style="list-style-type: none">• Employees will be mentally alert and more able to focus on details and work tasks.• Employees will be able to create ideas and solutions to enable them to work efficiently with increased productivity.
Contents	<ul style="list-style-type: none">• Understand and explain what defines cognitive fitness and how this relates to own role.• Be able to identify and explain the 8 cognitive fitness skills.• Apply techniques and approaches to develop agile creative thinking, problem solving etc.• Understand what actions to take to boost own brain health.
Exam	N/A